

Wellness Programs

MONDAYS

NEW! Cardio Kickboxing

Gain greater confidence, improved cardiovascular fitness, increased muscular endurance and greater flexibility.

12 Mon. Jan. 16 – Apr. 9 **No class Feb. 20**

Time: 7:00 – 8:00 pm \$90

Beginner Pilates

Beginner STOTT Pilates class is intended for those who have never taken Pilates/those who have taken very few classes.

13 Mon. Jan. 30 – Apr. 30 **No class Feb. 20**

Time: 5:00 – 6:00 pm \$110

Continuing Beginner Pilates

Continuing STOTT Pilates is intended for those who have more than a beginner Pilates class previously.

13 Mon. Jan. 16 – Apr. 16 **No class Feb. 20**

Time: 6:00 – 7:00 pm \$110

Zumba

Come and work out using Latin rhythms and easy moves!

13 Mon. Jan 16 – Apr. 23, 2012

No Classes Feb. 27 & Mar. 12

Time: 5:30 – 6:30 pm \$90

TUESDAYS

Belly Dancing Level 1

Learn proper posture, beginner isolations and travelling. Enjoy the physical benefits of belly dance!

10 Tues. Feb. 7 – Apr. 17 **No class Mar. 13**

Time: 7:00 – 8:00 pm \$112

NEW! Belly Dancing Level 2

Explore more advanced isolations and layering of travelling steps.

10 Tues. Feb. 7 – Apr. 17 **No class Mar. 13**

Time: 6:00 – 7:00 pm \$112

Body Pump

Body Pump is a muscle-training class to music using 3- and 5-lb. weights. Classes include warm up, 30 – 40 mins. muscle strength & endurance; then cool down.

12 Tues. Jan. 17 – Apr. 3

Time: 5:30 – 6:30pm \$90



Welcome our **NEW** Yoga Instructor
Bettianne!



Beginner Yoga

This is an introduction to poses of Hatha Yoga. Reduce stress and achieve optimal health, vitality and serenity by simple and effective poses.

15 Tues. Jan. 10 – Apr. 17

Time: 6:15 – 7:15 pm \$135

Continuing Yoga – Yoga Fit!

Go beyond the basics! Move from the beginner level to opening and deepening the practice of yoga.

15 Tues. Jan. 10 – Apr. 17

Time: 7:30 – 8:30 pm \$135

SATURDAYS

Belly Dancing- Beginner

Learn basic isolations along with an introduction to basic veil movements and performance techniques.

10 Sat. Feb. 4 – Apr. 14 **No Class Feb. 18**

Time: 10:00 -11:00 am \$125

NEW!! Belly Dancing Advanced

Continue learning difficult isolations and combinations. You will learn Polynesian-fusion choreography.

10 Sat. Feb. 4 – Apr. 14 **No class Feb. 18**

Time: 11:00 - 12:00 pm \$125

Cooking Classes

Kids in the Kitchen

Ages 9-12

Learn to read recipes and cook basic meals, using taste and eye. Learn that cooking is fun!

8 Thurs. Feb. 2 – Mar. 22

Time: 5:00-6:30 pm **Food included** \$100



NEW! Multi-Cultural Cooking

Learn to cook exciting foods from around the world!

6 Mon. Feb. 6 – Mar. 19 **No class Feb. 20**

Time: 6:00 – 8:00 pm **Food included** \$115

BRING A FRIEND *Fun Dance*

An hour of dance & an evening of fun!
Bring a potluck snack & beverage
RSVP by Jan 13
Call 346-1077 or email programs@steinbachartscouncil.ca

TRY IT OUT!
SAT, JAN 21 - 7:30PM
PARADISE VILLAGE REC CENTRE
COST \$5/PERSON
TIX @ SAC OFFICE

REGISTER NOW FOR SOCIAL DANCE CLASSES! BEGINNERS WELCOME
10 THURS, FEB 2-APR 12, 2012 - www.steinbachartscouncil.ca

Dance Programs

Social Dance- Beginner

NEW!! Try it out for 5 weeks at a time!

5 Thurs. Feb 2 – Mar.1 Cha Cha

5 Thurs. Mar. 8 – Apr. 12 East Coast Swing

No class Mar. 29

Time: 8:15 – 9:15 pm

Cost: \$95 per session or 10 weeks \$190 per couple

Social Dance- Intermediate

Dances include West Coast Swing & East Coast Swing

10 Thurs. Feb 2 – Apr 12 **No class Mar. 29**

Time: 7:15 – 8:15 pm

Cost: \$190 per couple

Note: Offsite membership fee: \$7.50 per person

Location: Friedensfeld Community Centre

BONUS!

No extra cost – free practice from 9:15 – 11:00pm

Language Programs



Spanish Level 1

You will learn enough to be able to have a conversation on many topics like travel, animals, home and more.

10 Thurs. Feb. 2 – Apr. 12 **No class Mar. 29**

Time: 7:30 - 9:00 pm

\$97 class fee



\$25 Textbook

Spanish Level 2

Don't lose what you have learned in level 1! Continue learning...verbs, conjugation and grammar.

10 Thurs. Feb. 2 – Apr. 12 **No class Mar, 29**

Time: 6:00 - 7:30 pm

\$97 class fee

\$25 Textbook

French Beginner

50% of the course will be taught in French.

Verb tenses, writing sentences, & conversations, memorizing phrases, adverbs & adjectives & vocabulary projects.

10 Wed. Jan. 18 – Mar. 21

Time: 5:30 – 7:00 pm

\$97 Class fee

\$25 Textbook



NOTE: Memberships are required for all SAC programs



SPRING BREAK CAMP

5 **Awesome** Days – Mar 26 – Mar 30

Music **Dance** **Theatre** **Art**

Ages: 5 – 12 s

Daily activities include indoor recreation, dance, music and visual art.

Time: 9 – 4 pm daily Cost: \$125 per camper



Preschool Program

Arts for Tots- Preschool Program

Ages: 3-5

The most creative way to learn. Explore creativity and early childhood development through Music, Crafts, Drama & Dance in our professional studios.

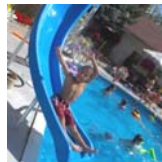
Instructors: Miss Treena & Miss Pam

Sept 19, 2011 – June 12, 2012

Mon. & Wed. 9:00 – 11:30 or 1:00 -3:30 pm

Tues. & Thurs. 9–11:30 or 1–3:30 pm \$70monthly

SUMMER ARTS DAY CAMPS



Where: Cultural Arts Centre

When: July 9 –Aug. 24

Ages: 5-12

Watch for details.....



304 Second Street, Steinbach

Phone Number: 346-1077

Community Programs



**Social Dance, Wellness,
Languages & Cooking
2012 Winter Programs**

www.steinbachartscouncil.ca

as of Jan 20, 2012